

PATIENTS & CLINICIANS

FND and driving — what to discuss

Driving rules depend on your symptoms, episode types, and DVLA medical standards. This sheet helps you prepare questions — it is not DVLA guidance and not legal advice.

Key principle

You must be fit to drive. Conditions that cause sudden loss of awareness, control, or vision can affect licensing. Functional seizures, blackouts, severe weakness, and some movement symptoms may all be relevant.

Do not drive if you (or your clinician) are unsure. Ask for written advice if needed.

Questions for your clinician

- Given my episodes/symptoms, am I currently fit to drive?
- Do I need to notify the DVLA, and who will help with that?
- What would make me safe to drive again if I must stop now?
- Are there work or care implications if I cannot drive?

Practical alternatives while you sort this out

Travel

- Public transport and lifts from trusted people
- Hospital transport schemes where available
- Plan appointments with recovery time

Support

- Blue Badge / mobility options if eligible
- Employer adjustments for commute
- Local community transport

Safety first

Never drive during or immediately after an episode if you are confused or weak. Call 999 for emergencies. Check current DVLA rules for your situation — standards change and individual advice matters.

Continue overleaf for practical next steps, a personal plan and sources →

DRIVING · NEXT STEPS

Functional seizures need specific action

DVLA guidance says people with dissociative (functional) seizures must stop driving and notify DVLA. Do not restart because you have had a better day or an episode-free interval without confirming the relevant rules. Other FND symptoms also need assessment if they affect safe control or awareness.

Use the right licensing authority

DVLA covers Great Britain; DVA covers Northern Ireland. Tell your clinician which licence categories you hold, including bus or lorry entitlement, because standards differ. Ask about medicines that affect alertness as well as symptoms. Keep a record of advice and licensing correspondence; this leaflet cannot determine your eligibility.

Prepare for the practical consequences

Before the appointment, list essential journeys: work, school runs, treatment and caring. Ask about transport help and workplace adjustments while licensing is resolved. A Blue Badge does not establish fitness to drive. Check official guidance for your circumstances and any insurer requirements rather than relying on another person's experience.

My next steps — discuss with your care team

My licence categories and questions for the clinician

Alternative arrangements for essential journeys

Sources and further reading

- DVLA: neurological conditions and driving
www.gov.uk/guidance/neurological-disorders-assessing-fitness-to-drive
- Northern Ireland: DVA medical conditions
www.nidirect.gov.uk/information-and-services/driving-licences/medical-conditions

More practical help: Driving topic · Functional seizures leaflet · GOV.UK DVLA medical conditions